

# PACKING LIST - RAFTING AND HIKING THE ROGUE RIVER

## FOOTWEAR

- On River:** One pair of river sandals (must have an ankle strap, no flip-flops and we recommend hard-bottom shoes that are easy to walk in) Popular name brands include: Chaco, Teva, Keen, or Merrells. Tennis shoes with polypro socks are a good option if your feet tend to get cold.
- For Lodges:** One pair of tennis shoes or sandals for wearing in the evenings.
- For Hiking:** Lightweight hiking shoe or boots
- 3 – 4 pairs of socks

## CLOTHING

- Swimsuit
- 1-2 pairs of comfortable long pants, one for the river and one for wearing other times. Zip-off hiking pants also work well for both on and off the river
- 2-3 pairs of shorts (synthetic or nylon quick drying)
- 2-3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 light long-sleeved shirt for sun protection and cool evenings.
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent or a fleece jacket
- 1 rain parka & rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex. **\*Very Important\***
- Underwear (we recommend quick drying and no cotton) /nightwear
- 1 wool or synthetic hat and gloves
- 1 wide-brimmed hat, cap or visor for protection from the sun
- 1-2 changes of comfortable clothes to wear pre/post river and/or at lodges

*Note: River attire is very casual comfort and convenience takes precedence over style!*

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, & sanitary items. No soap can be used in the river and biodegradable everything is best
- Waterproof sunscreen and lip protection with sunblock of at least SPF 15. Nothing oily as this is not good for life jackets, and nothing highly scented as this will attract bees.
- Personal medications, if any. If you're taking a prescription drug, bring a copy of the prescription or the generic name of it. **Individuals allergic to insect bites must bring an anaphylactic kit.** Please consult your doctor.

## ESSENTIALS

- Bandana(s)
- Sunglasses (100% UV protection) **w/retention strap**
- Small headlamp or flashlight
- Water bottle or canteen with carabiner for clipping onto the boat
- Insect Repellent
- Ear plugs (for a good night's sleep!)

## OPTIONAL

- Cards, book, journal, etc.
- Binoculars  Paddling gloves
- Wristwatch/travel alarm clock  2-3 Carabiners for clipping items to the boat
- Plastic garbage bags (2-3 for separating dirty/wet clothes in your waterproof bag)
- Camera - Waterproof digital with extra batteries and film/memory card recommended.
- Trekking Poles (if you typically use them we recommend you bring them)

## NOTES ON PACKING

**Please Note:** If you are not familiar with any of the terms regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. We are available to answer your questions and/or send more information to assist in determining appropriate equipment and clothing for your trip.

**Provided for you:** *One large waterproof bag* (13" in diameter x 33" tall) per person. This bag is NOT accessible during the day as it goes ahead of the group with our cargo raft.

A small daypack (9" in diameter x 20" tall) for items you want to access during the day such as rain gear, sunscreen, camera, medications, etc.

**You need to bring:** a soft-sided duffle bag approximately 12" x 13" x 24" in size. This will hold all your personal items that you don't need during the day and will be placed inside your large waterproof bag. Note: If duffle is packed very full it will not fit inside our dry bag. You may want to take clothes out of a duffle or suit case and place directly in the dry bag.

**Personal First Aid Kit:** If you have severe reactions to insect bites/stings or other severe allergic reactions and **have been advised to carry an Epi-Pen, please do not forget** to bring that with you and let your guides know.

**Clothing:** All clothing **on the river** should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. *NO COTTON* for your activewear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Bringing Your Camera on a Rafting Trip:** To protect your camera from moisture, pack it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Another option is hard-plastic case, such as a pelican case, [Pelican Case](#).

**Extra clothing,** such as your travel clothes or clothes you want at the end of the trip, a small bag can be left at the Morrison's Lodge while on the river.